

***The Ireland Quest you are invited to***

## Bathing In The Fae's Breath

***Shamanism and the Spirits of Nature in Ireland***

**Thursday August 13th to Saturday August 22nd, 2015**

The landscape in Ireland breeds stories that beautifully remind us of the changing seasons that bring about birth, blossoming, fruiting, harvesting, and nourishment. Reflections on these helps us to be mindful and inspired by the changing ebbs and flows of our lives.

We invite you to be blessed by the sights, sounds, smells, feel and tastes of Ireland, so this retreat tour is much more than visiting heritage sacred sites. It includes opportunity to share the joy of being present among the living, through the native trees, the natural springs, flora and fauna, and as we say Boladh na Sióga, Bathing In The Fae's Breath.

### Summary of this Retreat Tour

- Connemara, Clare's Burren and perfumery,
- Mayo's remote coastlines,
- Roscommon's wetlands and native forests,
- Sligo ancient megalithics, holy wells, and cottage traditions,
- Cavan's fae mythology,
- W.B. Yeats poet's country in Co. Sligo,
- Donegal cliffs, goddesses and pilgrimage trails,
- Tyrone's ancient mating sites,
- Hill of Tara's courts of judgement and peace prayers,
- Dublin's vibrant culture.

Accommodation is going to be at 4 places,  
Connemara 3 nights,  
Plains Of Attracta, Co. Sligo 3 nights,  
Donegal Bay 3 nights  
and Dublin for a final night for airport convenience.

At any of the 3 night accommodations, individual travellers can choose to have local 'time out' away from the main itinerary and group.

Some people do like to drop out for a day to rest, meditate, catch up on journaling, or just be alone,

## About our Accommodation

### **Our first accommodation is in the Connemara Region**

for 3 nights, at Corrib View Country House, a beautiful house with a relaxing garden and heritage trees beside Lough Corrib lake.



We will then share two full days at Brigit's Garden and Clare's Burren.

### **The following 3 nights will be in Co. Sligo**

in another lovely country house close to Lough Gara. This is a new construction to serve as exclusive retreat accommodation set in quiet tree and garden surroundings.



On the journey to there we will stop at a couple of scenic Co. Mayo places that are fitting to the weather and spirit of the travellers. While staying in Co. Sligo we will enjoy two full days at Carrowcroy Cottage and Tree Labyrinth and Cavan's Burren

### **This is followed by 3 nights in Co. Donegal**

at the traditional sandy beachside Sandhouse Hotel. This is a delightful traditional Victorian beachside hotel that has recently been renovated to provide modern comforts without destroying charm. It is home of one of my favourite view restaurants in Ireland.



On this journey there we will stop at some beautiful places that inspired poet and dramatist W.B. Yeats.

While staying in Co. Donegal we will enjoy two full days in megalithic and scenic SW Donegal and Tyrone's Stone Circles

### **The final night is in Dublin**

for either convenience of flying home  
or continuing on to your next Ireland, UK or other European adventure.

On the journey to Dublin we will stop at the Hill Of Tara.

### **Introduction to the guides ...**

For this time together, arrive or meet up with us in Dublin on August 20th. At Dublin Airport you will meet co-guides, John Willmott, aka Woodland Bard, and Rev. Charlene Ray, soul guide and we will start our journey through some of the land of the Fae.

### **Pricing**

There are fabulous Ireland tour packages out there with exceptional low cost pricing, all displayed in easy to read fonts. Read the small fonts and then add up the extra costs, and you may find your real cost is twice and often three times the 'promoted' cost.

We do not like to publish these marketing 'tricks' but, instead, give you a comprehensive pricing that includes a lot, so that what you need to arrange is minimal.

So here is how we are pricing Bathing In The Fae's Breath ...

## **The total price is ...**

€1775 or \$2500 for shared accommodation  
add €250 or \$350 supplement for single accommodation.

## **This price combines**

10 nights shared twin or double bed accommodation,  
(or single with single supplement paid)  
10 evening meals,  
10 lunches  
10 breakfasts  
10 days of transport with driver, guide, and activity fees

from around noon, Thursday, August 20th 2015  
until about 10 am, Saturday, August 29th 2015

## **Not included are**

air fares or other transport to joining the retreat tour  
or after the retreat tour  
travel and health insurance is your responsibility  
no alcoholic drinks covered, buy your own as desired  
and, obviously, snacks, gifts, and personal shopping will be your own.

## **To Book**

This is currently a small group tour  
Space is currently limited to 6 travelers so reserve your spot now.  
A 10% non refundable deposit is required to hold your place.  
We need that to secure deposit on transport

Contact Charlene Ray at [soulwisdomguide@gmail.com](mailto:soulwisdomguide@gmail.com)  
or 1-360-320-4443 for more information.

So Come Come away, O human child!  
To the waters and the wild  
With a faery, hand in hand.  
There's much love waiting in Erin  
much more than you may understand".

*Enjoy the itinerary pages now ...*



## Enjoy browsing this Expanded Itinerary :-)

### **Thursday, August 13th, travel to Oughterard**

You arrive at Dublin Airport,  
and are whisked out West.  
and then rest awhile beside Lough Corrib.

The journey is mainly motorway,  
much like the USA freeways

Journey time is about 4 hours, including  
a couple of 20 mins stops for leg stretch,  
fresh air, and bathroom breaks

You will be by Lough Corrib before 4 pm, then relax



### **Friday, August 14th, a day at Brigit's Garden**

There is a lot to see and do here

First there are the gardens of each the seasons  
representing a lot of wonderful seasonal mythology,  
much of it connected to Brighid and other goddesses.

There are gardens for

- Imbolc - Spring
- Bealtaine - Summer
- Loughnasadh - First Harvest
- Samhain - Final Harvest for Winter



And here is the Cailleach  
going to sleep for winter ...

A wonderful spot for reflection

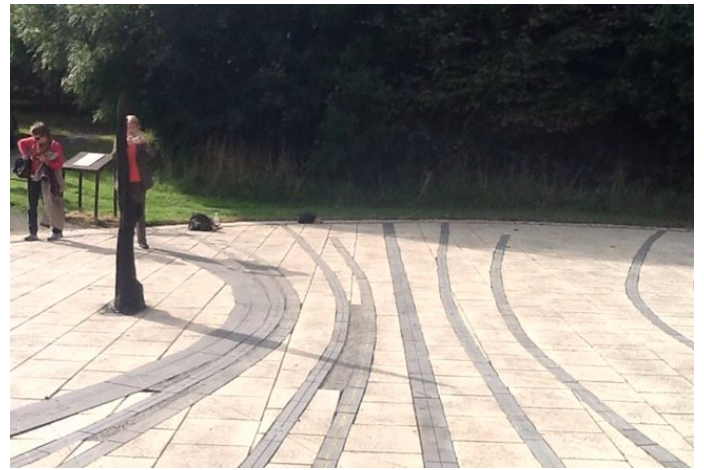
This is part of the Samhain Garden  
that includes another huge sleeping goddess and  
a pathway to a beautiful meditation roundhouse



There are many sights and things to do at Brigit's Garden.

My own favourite is the giant sundial that tells date and time, as long as the sun is shining :-)

See the bog oak pointer there. This has a long shadow on this pic as this was a sunny afternoon during October, low sun, long shadow.



For lunch the gardens café is beautiful, serving fresh local organic food, including what they grow themselves.

If the day is sunny and warm we can share a picnic in the gardens.

The cafe can prepare this for us, including the lovely basket and cloth



During the afternoon you can participate in a Brigid's Cross making session.

This is a wonderful prayer blessing even an amulet, to carry with you while in Ireland.





## Saturday, August 15th, a day around Clare's Burren

Famous for its barren karst limestone landscape, very ancient sites, hidden holy wells and unique herbal and floral vegetation, and for the television comedy, Father Ted,

Our first stop is the Killinaboy Sheela na Gig, a very symbolic start for the day  
*(look above the doorway above these women)*

A Sheela n Gig is interpreted in many ways but most interpretations start with saying she is inviting, or warning, us about entering into a sacred place.

Though she may not seem so from this pic, this Sheela is one of the finest still in Ireland



From Killinaboy is a very scenic road, that few use, through the heart of the Burren Park and we view the intriguing wavy layered Mullaghmore mountains here.



and we pass Father Ted's House :-)



The road then enters a climbing zig zag route until we get to the viewpoint of Fahee, that gives the best view of Burren Park.

Here are cairns, and the 'speaking stones'



From here we wind around to the Burren Perfumery.

This is the entrance to their herb garden, which is quite a wonder considering the landscape this is positioned in, which is just the same as all of those other barran views.

You will have a time of peace and wonder here



We must have lunch here.  
One of my favourite lunch stops  
in all of Ireland. Stunning coffee !!!  
Most of the herbs and veggies grown here.



And, yes, we have time for  
some retail therapy here too :-)



When we leave Burren Perfumery there is a choice of several Holy Wells we can visit

Most people also want a peek at Cliffs Of Moher before we leave here too :-)



## **Sunday, August 16th, tour of Connemara and Clew Bay coastlines**

A spectacular scenic tour day on this day



Mountain passes, sea loughs, waterfalls, ancient stones, postcard Ireland

And then we get to Clew Bay and Old Head Beach, where ancient Oak forests meet the sea, and also this wonderful view of The Reek, Croagh Patrick.

This is Grainne O'Malley's sea, and we will share stories and sites of her's

From here we go North East to Co. Sligo, different landscapes, different adventures



## Monday, August 17th, a day around mystical Keash, Co. Sligo

A day out of the bus most of today.

We bless the start of the day  
with a visit to Grainne's Well Of Vision  
A simple Spring Well  
always with clean water

Surrounded by mature ash trees,  
a peaceful bubbling water place



A morning visit to Keash Caves follows  
a place of seemingly endless stories of  
the Cailleach, Three Hags, Grainne and Aíne.

Gollum the Sidhe smith said to work nearby

Its as if Ireland's mythology started here  
including the Birth Of Bhríde,  
the Goddess Brighid



Lunch at the Fox's Den, a local pub, the real thing

The Ward family there even brew their own ales  
White Hag Ales  
and the one in the pic is their Wit Beer:-)





After lunch its time to be at  
our Carrowcroy Cottage

An almost 200 year old cottage,  
restored to its original thatch  
and several other features

We start with an introduction  
to the Tree Tree Labyrinth  
and how it is connected to  
the local landscape and its stories

Then Charlene will share  
an activity there with you

Below is a surreal aerial view of  
what it looked like when first planted.



Now the trees are grown  
and its a small woodland.

The path is still there,  
but here is the live willow entrance  
and there is a live willow cairn in the middle





After a 'Find Your Story' labyrinth session its time for tea and scones.  
and to share your stories you have brought from the labyrinth



and then a session by the turf fire, afore ye go ....





## Tuesday, August 18th, a tour of Forestry Myths and their Ancient Sites

The day's adventure is to Cavan's Burren  
A delightful mix of ancient sites in forest,  
but it is still a Burren, as it is a rocky place.

There are several ancient megalithic sites here  
that date back as far as 5500 years ago  
such as the one below



The paths are easy to walk all around here



We will also visit an ancient Sweat House,  
The ancient hospitals here ....

Visit the Shannon Pot  
said to be the source of the Shannon  
with its own dramatic goddess tale



and we will stop by Lough Meelagh  
and introduce you to Lasir and her  
Orchard Isle & Rose Of Sweetness



## **Wednesday, August 19th, tour of W,B Yeats poet's country in Co. Sligo**

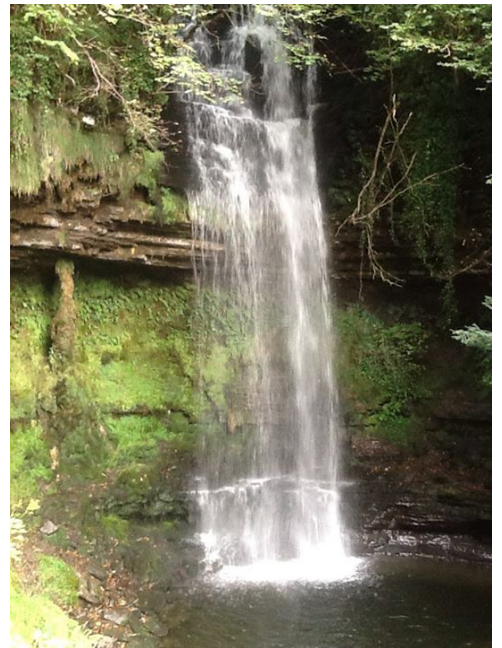
Today, we set off for Co. Donegal, but visit some sites of Yeats Country on the way

First stop is at the magnificent  
Tobernault Holy Well.  
It is a Marian tradition well,  
but even so, most visitors here find  
this to be a very moving experience.



The Falls Of Glencar, made famous by the  
W.B. Yeats Poem, The Stolen Child

Where the wandering water gushes  
From the hills above Glen-Car,  
In pools among the rushes  
That scarce could bathe a star,  
We seek for slumbering trout  
And whispering in their ears  
Give them unquiet dreams;  
Leaning softly out  
From ferns that drop their tears  
Over the young streams.  
Come away, O human child!  
To the waters and the wild



We will visit the Creevykeel Court Cairn,  
about 4500 years old

Then enjoy sights, smell and air  
of the Sligo coastline.



## Thursday, August 20th, coastal tour of Ainé's South West Donegal

A day out visiting some of the most spectacular coastal scenery in Ireland

Including Slieve League cliffs that are actually hard to capture on photographs, so you really have to be there to capture the most magnificent cliffs in Ireland.

Overlooked by the shining quartzite stone of Ainé.

The road to here is very spectacular too.



We will visit some of the 15 Turas sites of Glencolumcille a beautiful coastal village

Here is a favourite, a cairn well of Columcille.



I am sure that we will have time to stop by one of the remote Donegal wool weaver shops for a bit of retail therapy.

We could also have supper a local traditional fish and chips shop with genuine fresh caught fish and chips from local potatoes





## Friday, August 21st, Beaghmore Circles and Beltany Circle

Your one day in Northern Ireland, in Co. Tyrone

A lot of speculation about this cluster of ancient stone circles here at Beaghmore on the Sperrin Mountains

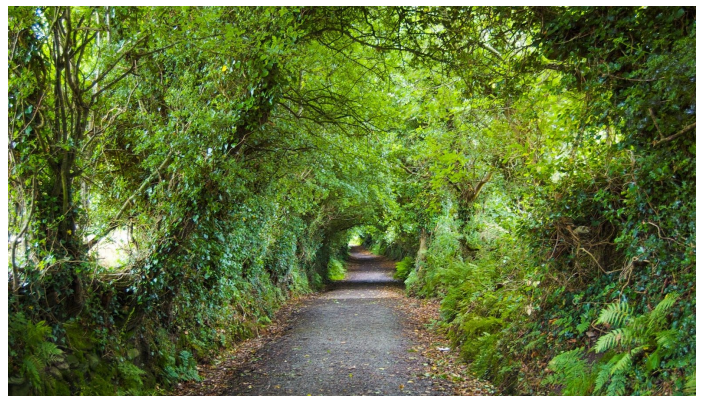
There seems to be Bealtaine links



Another place of wonder is the Beltany Tops circle also seemingly having a Bealtaine Connection



I love the entrance to the field with Beltany Tops



We may visit this fella too and the Sheela beside him





## **Saturday, August 22nd, Hill of Tara's and evening in Dublin**

Last day, but a grand finish

### **Hill Of Tara**

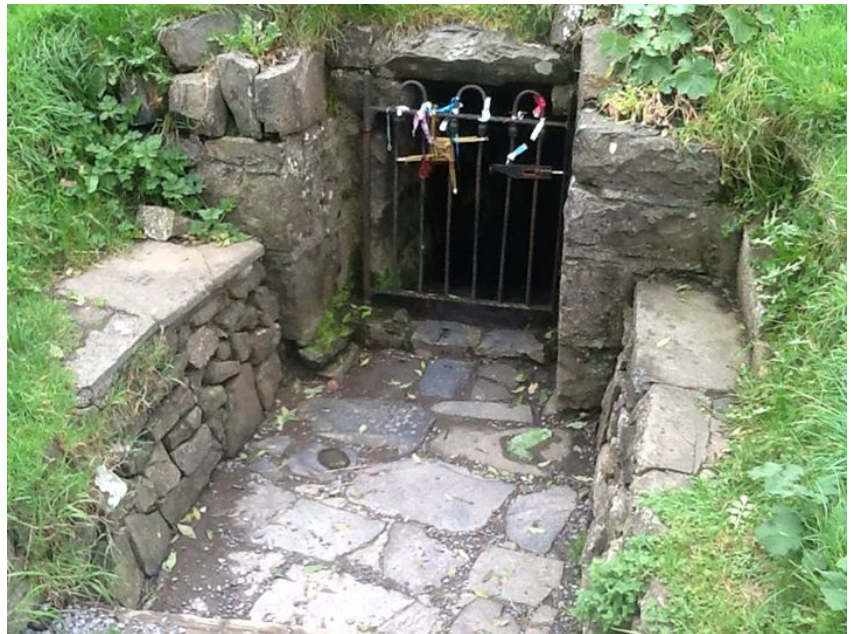
An incredible amount you can see and do here

Rath Grainne, Sheela na Gig, Fairy Tree, Rath of Synods, Cormac's Court, Mound Of Hostages, Banqueting Hall, Srone Of Destiny

Great place for lunch too.



A closing ceremony at the White Cow Well



Then away to Dublin for the evening  
overnight in Dublin  
then fly home or  
start your next adventure

